



# Living As Nature Intended

*Dr. Shagufta Feroz*

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## **Living As Nature Intended** Dr. Shagufta Feroz

“Living as Nature Intended” is the sum of over 23 years of medical practice and independent observational research. It guides anyone who is interested in their personal preventive and curative health. It will be relevant to every human being out there that eats. It will provide dietary guidance for infants, toddlers, teenagers, adults and the elderly. The most encouraging sign of modern times is our concern for what we eat. This is evident from the hundreds of books, news paper articles, websites and blogs on food. Progressive research is opening our eyes to the miracles of food every day. I believe it to be an astronomical breakthrough in defining our eating habits and revealing the secrets of a healthy life simply based on what we eat. What people will find even more intriguing is that I will shatter common beliefs and take them in a completely new direction. This book is also going to help medical doctors by creating a bridge between conventional medicine and holistic therapies. Supported by researches and case studies, a medical doctor will easily be able to adopt the rules of lifestyle modification for their patient’s well being. These rules will help doctors treat patients with chronic degenerative disorders and see improvements within six months. What doctors will find most interesting is that I will explore the etiology of a disease from a holistic perspective using the simplest of techniques to heal. This book covers issues like heart disease, digestive disorders, obesity, arthritis, breathing disorders, hormonal imbalance and neurological disorders.

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